

For more information please call your
Regional Office

Albany RO

660-726-5246

800-560-8774

Central Missouri RO

573-882-9835

888-671-1041

Hannibal RO

573-248-2400

800-811-1128

Joplin RO

417-629-3020

888-549-6634

Kansas City RO

816-889-3400

800-454-2331

Kirksville RO

660-785-2500

800-621-6082

Poplar Bluff RO

573-840-9300

800-497-4214

Rolla RO

573-368-2200

800-828-7604

Sikeston RO

573-472-5300

800-497-4647

Springfield RO

417-895-7400

888-549-6635

St. Louis County RO

314-587-4800

800-374-6458

St. Louis Tri-County RO

314-244-8800

800-374-6458



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

www.dmh.mo.gov/dd

MISSOURI DEPARTMENT OF MENTAL HEALTH

Say "NO" to Abuse and Neglect



A GUIDE FOR INDIVIDUALS
WITH DEVELOPMENTAL
DISABILITIES TO HELP
PREVENT
ABUSE AND NEGLECT

Improving lives THROUGH
supports and services
THAT FOSTER self-determination.



This booklet is a guide to help you and those who support you in recognizing and preventing abuse and neglect.

If you think you are being abused, you should tell someone. There is information on the back of this booklet about who you should tell, and what they will do next.

This guide will tell you about the different types of abuse.

For more information about your rights and understanding abuse and neglect please see Constituent Services

<http://dmh.mo.gov/constituentservices/rights.htm>

You can also speak to:

**Department of Mental Health
Office of Constituent Services**

Toll free at

1-800-364-9687

8:00 am to 5:00 pm

Monday through Friday

Or

**Missouri Department of
Health and Senior Services**

Toll free hotline

1-800-392-0210

7:00 am to 12:00 am

If you think you or someone you know is being abused, tell someone you trust like:

- Someone who works for you
- A friend or family member
- Support Coordinator
- Nurse or doctor
- The police

You can also speak to:

Name or person/organization:

Call:



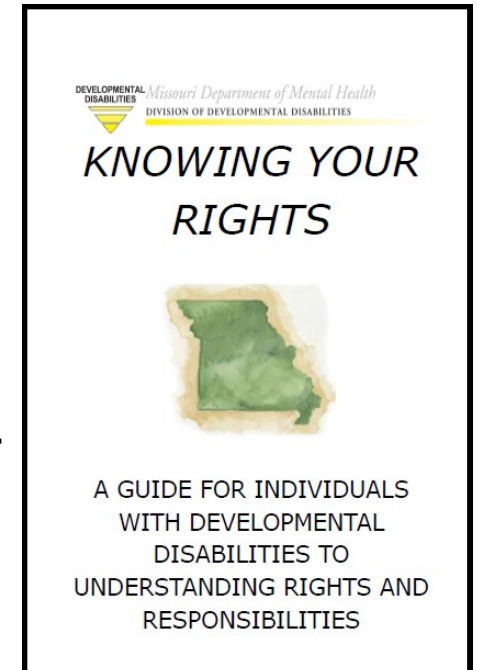
E-mail:

What Are Your Rights?

Everyone has the right to live their life free from abuse.

Everyone has the right to feel safe.

For more information on your rights please see the "Knowing Your Rights Guide"



Copies of the "Knowing Your Rights" Guide can be found at <http://dmh.mo.gov/dd/manuals/>

Who might be at risk of Abuse?

Some people may be more at risk of abuse than others:

People who need someone else to look after them.



People who are isolated, not having a lot of friends or families.



People who are elderly, have a disability or have a mental health concern.



When an investigation is complete, the Department of Mental Health will provide you and/or your guardian with a summary of the facts, circumstances, and actions taken.



What happens when I file a report of Abuse and Neglect?

The Department of Mental Health takes all reports of Abuse and Neglect seriously. The person who reports the abuse will not get in trouble for reporting.

The Department of Mental Health will make sure you are protected from harm during an investigation.

A local or independent investigation will take place by DMH Central Office.



People who can not stop others from hurting them or taking advantage of them.

People who do not understand their rights.



You may be abused or neglected. You may know someone who is being abused or neglected. It is important for you to understand what abuse and neglect is in order to protect yourself and others.

What may be signs of Abuse and Neglect?



Change in mood, behavior, or appearance



Sudden fear of a person, place or being touched



Being verbally abusive to people or pets

No longer having the money to purchase things that are needed, and not being able to explain how money was spent.



Someone saying that they are going to make you take extra medication if you do not do what they say.

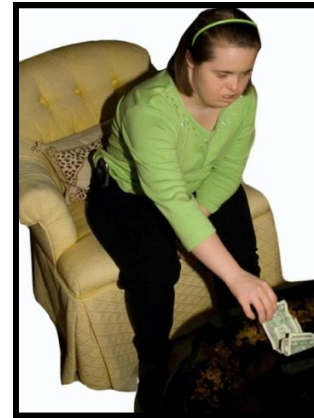


What is Verbal Abuse?

When someone makes a threat that hurts your feelings or scares you.



Someone saying they are going to hurt you or someone else if you do not do what they say.

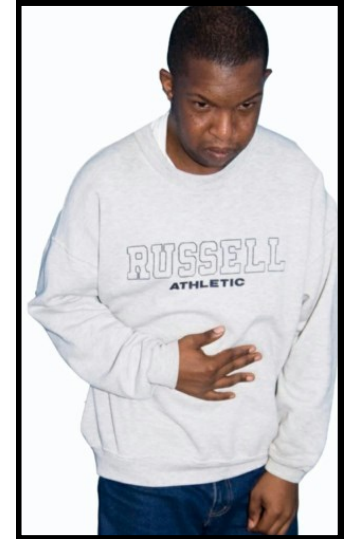


Items missing from the home

Untreated medical conditions



Difficulty walking or sitting



Torn, stained or bloody under-clothing



What is Abuse?

Abuse can be when someone does or says something to harm, upset or scare you.



Abuse is when someone tries to take away your rights.

You may be afraid to say something to try and stop them.



Sometimes a person doesn't know that they are harming you.

Some people abuse others on purpose.



Being touched in places you do not want to be touched or touch others when you do not want to.



Being made to watch others have sex or view movies and pictures of others having sex.



What is Sexual Abuse?

Someone making you do sexual things that might make you sad, angry or frightened.



Having sex when you do not want to or making you do sexual things that you do not like.

What are the different types of Abuse?

Neglect



Misuse of Funds/Property



Physical Abuse



Sexual Abuse



Verbal Abuse



What is Neglect?

Neglect is not giving you the things you need to keep you healthy and safe



Not having medicine when you need it

Not being taken to the doctor when you are sick



Leaving you alone in a dangerous situation like a bathtub or a pool when you can not swim or control the water temperature



Pinching, Scratching, Shaking or someone is handled with more force than necessary.



Giving someone too much or not enough medication.



What is Physical Abuse?

When someone hurts you on purpose
This could be:

Hitting



Kicking



Pulling hair



Only having dirty clothes to wear



Being hungry a lot



Not having equipment that you need



Living where you are always too hot or too cold



What is Misuse of Funds?

When someone takes your money or things:

Stealing your money or things



Making you buy something that you do not want to buy



Using your money to pay for things that are not yours



Not having a choice in how your money is spent

Someone telling you that you have to give them your money or your home

